



Grant County Health Dept

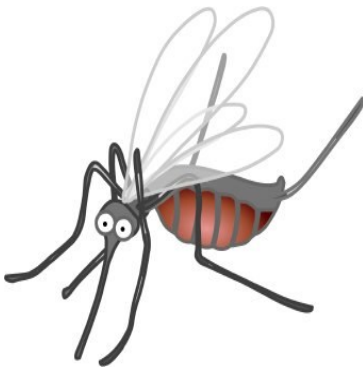
111 South Jefferson St, Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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Fight the Bite and Avoid Tick and Mosquito Bites

With the state has to offer. The Wisconsin Department of Health Services (DHS) has launched a statewide campaign to help everyone [Fight the Bite](#) and avoid tick and mosquito bites this season.



Many people find ticks and mosquitoes to be annoying when they're enjoying outdoor activities; but even worse, bites from either can make you sick. [Lyme disease](#), spread by ticks, and [West Nile virus](#), spread by mosquitoes, are the most common diseases spread by these pests in Wisconsin.

Wisconsin is in the top 20% of all U.S. states reporting high numbers of illnesses spread by ticks. Thousands of Wisconsinites get Lyme disease each year and hundreds more get other illnesses spread by ticks.

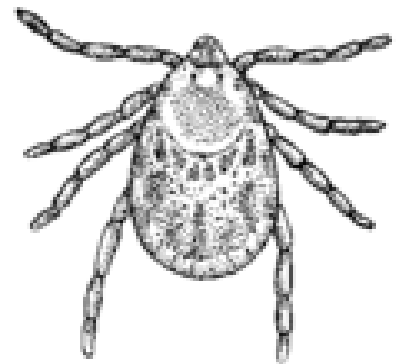
Last year, 3,105 cases of Lyme disease were reported in Wisconsin including 65 in Grant County.

There were 33 human cases of West Nile virus reported in our state in 2018, many of whom were hospitalized for severe illness. Certain dead birds can be a sign of West Nile virus activity in an area. DHS urges anyone who finds a sick or dead bird to call the dead bird reporting hotline at 800-433-1610.

Wisconsin residents can protect themselves from illnesses spread by ticks and mosquitoes, yet still enjoy the outdoors. You can take these simple steps can take to stay safe and avoid getting sick:

Use an [EPA-registered repellent](#), such as DEET, and apply according to label instructions.

- Use permethrin-treated clothing and gear.
- Wear light colored long-sleeved shirts and long pants.



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Summer Food Safety

Summer holidays give us a break, but providing safe food should never take a vacation. Keep these food safety practices in mind this summer.



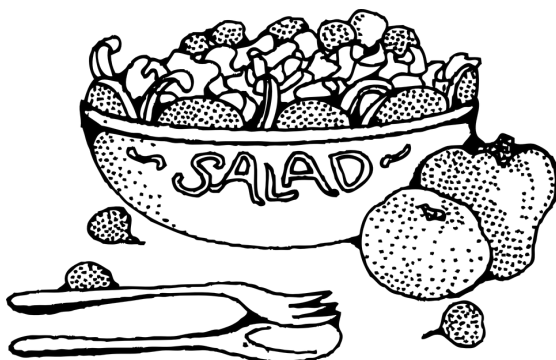
Clean: Even if you are not eating the outside of a fruit or vegetable rinse the outside before cutting to prevent the spread of bacteria to the inside.

Separate: Place meats and vegetables in separate, sealed bags inside

coolers to avoid cross contamination. Keep raw meats separate from cooked meat and



vegetables.



Cook: Use a meat thermometer to determine if meat is cooked to the safe temperature, do not trust what it looks like.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jun 19th—Late Lancaster Schreiner Memorial Library 12:00pm to 6:30pm

Jun 20th—Platteville Lutheran Church of Peace 9:00am to 3:30pm

Jul 9th—Boscobel United Methodist Church 9:30am to 3:30pm

Jul 10th—Fennimore United Methodist Church 9:00am to 3:30pm

Jul 17th—Late Boscobel Tuffley Center 2:00pm to 6:30pm

Jul 18th—Platteville Lutheran Church of Peace 9:00am to 3:30pm

Jul 23rd—Lancaster Schreiner Memorial Library 9:00am to 3:30pm

Jul 24th—Bloomington West Grant Rescue Squad Building 9:00am to 3:30pm

Jul 25th - Platteville Lutheran Church of Peace 9:00am to 3:30pm

Aug 1st—Platteville Lutheran Church of Peace 9:00am to 3:30pm

Aug 8th—Late Muscoda Kratochwill Bldg 2:00pm to 6:30pm (**CHANGE OF**



Grant County Health Dept will be closed on July 4th.

Fireworks Safety

The Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety and regulations.

If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home. Attend public fireworks displays, and leave the lighting to the professionals.

If you are planning on using fireworks, be sure to check with your local police department first. If they're legal where you live, keep these safety tips in mind:

- Kids should never play with fireworks. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. They should not run with them either. Sparklers can reach 1,800° Fahrenheit (982° Celsius) — hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, or blockbuster. These explosives were banned in 1966, but still account for many fireworks injuries.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Never throw or point fireworks at someone.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear eye protection.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year.
- Light one firework at a time (not in glass or metal containers), and never relight a dud.
- Soak all fireworks in a bucket of water before throwing them in the trash can.

DID YOU KNOW:

Wisconsin has the **12th**-highest life expectancy among all U.S. states (80.0 years). The top 10 U.S. states and territories by life expectancy are: Hawaii, Minnesota, Puerto Rico, Connecticut, California, Massachusetts, New York, Vermont, New Hampshire, New Jersey. *Source: State of Wisconsin website*

Meningococcal Disease is a Serious Bacterial Illness

Meningococcal disease is a leading cause of bacterial meningitis in children 2 through 18 years old in the United States. Meningitis is an infection of the covering of the brain and the spinal cord. Meningococcal disease also causes blood infections. Anyone can get meningococcal disease. But it is most common in infants less than one year of age and people 16–21 years. Children with certain medical conditions, such as lack of a spleen, have an increased risk of getting meningococcal disease. College freshmen living in dorms are also at increased risk.

Meningococcal infections can be treated with antibiotics. Still, many people who get the disease die from it, and many others are affected for life. Preventing the disease through use of vaccine is important for people at highest risk.

Who should get meningococcal vaccine and when?

Two doses of vaccine are recommended for adolescents 11 through 18 years of age: the first dose at 11 or 12 years of age, with a booster dose at age 16.

What are the risks from meningococcal vaccines?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of meningococcal vaccine causing serious harm is extremely small.

Mild problems include:

Brief fainting spells after vaccination (happen most often with teens)

Redness or pain where the shot was given, usually lasting for 1 or 2 days.

A mild fever



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